

## Quinoa & Lentil Pilaf with Roasted Broccolini

*For a healthy New Year, try adding more whole grains, legumes and greens to your diet. It's a delicious way to a fit new you. Enjoy!*

Serves 8

Olive oil

1 onion, finely chopped

2 carrots, finely chopped

Kosher salt and freshly ground pepper to taste

2 cloves garlic, minced

1 1/3 cups lentils

3-4 sprigs thyme

1 bay leaf

About 2 quarts chicken or vegetable stock or broth

1 1/2 cups quinoa

About 2 pounds broccolini or broccoli, trimmed and cut into bite sized pieces

1/2 cup grated Parmigiano-Reggiano cheese

1/4 cup chopped fresh parsley

Zest and juice of 1 lemon

1/4 cup pine nuts, toasted

Pick through the lentils and remove any stones. Put the lentils in a fine mesh sieve, rinse well with cold water and drain.

Lightly coat a saucepan with olive oil and heat over medium, add the onion and carrot, season with salt and pepper and sauté until the onion is translucent. Add the garlic and sauté for 2-3 minutes more. Add the lentils, thyme, bay leaf and 6 cups stock and bring to a boil. Reduce the heat to low, cover and simmer, stirring once or twice, for about 10 minutes.

Meanwhile, put the quinoa in a fine mesh sieve, rinse well with cold water and drain. Add the quinoa to the lentils and raise the heat to return a boil. Reduce the heat to low, cover and, adding more stock if necessary, cook for about 20 minutes or until the lentils and quinoa are tender.

While the lentils and quinoa simmer, put the broccolini on 1-2 large rimmed baking sheet(s), drizzle with enough olive oil to lightly coat, sprinkle with salt and pepper and toss to combine. Spread the broccolini in a single layer and roast at 400 degrees for about 10 minutes. Give the broccolini a toss and spread again in a single layer, sprinkle with grated Parmigiano-Reggiano and return to the oven for 5-10 minutes. Remove the broccolini from the oven, sprinkle with the zest of 1 lemon, drizzle with the juice of 1/2 lemon and toss to combine.

Remove the lentils and quinoa from the heat, add the chopped parsley, drizzle with the remaining lemon juice and toss to combine.

Spoon the lentils and quinoa into a deep serving platter or individual shallow bowls, top with broccolini, sprinkle with pine nuts and serve.